

Songs About Stress

Your job today is to listen to music. That's right. Listen to music. Listen to the lyrics of these videos and see how they relate to stress. I apologize in advance for the ads you have to close

	Video	How do the lyrics connect to stress? What are the stressors? What is the person doing in response to the stress? How successful are the techniques in dealing with stress?
1	Alabama: I'm in a Hurry https://www.youtube.com/watch?v=CICwZ01bT3w	
2	BRING ME TO LIFE – EVANESCENCE https://www.youtube.com/watch?v=96MiYk9VYvc	
3	THE WAY I AM – EMINEM https://www.youtube.com/watch?v=LZvg8bOz2IE This is the clean version. The explicit version makes what he does more clear to deal with stress,	
4	Phil Collins: I Don't Care Anymore https://www.youtube.com/watch?v=SeRDBPWK714	
5	STRESSED OUT – TWENTY ONE PILOTS https://www.youtube.com/watch?v=pXRviuL6vMY	

6	The Who: Behind Blue Eyes https://www.youtube.com/watch?v=Qg_TRaiWj4o	
7	BIG GIRLS CRY – SIA https://www.youtube.com/watch?v=ouddJKXcVWY	
8	BOULEVARD OF BROKEN DREAMS – GREEN DAY, caution: one “bad word” https://www.youtube.com/watch?v=r5EXKDI44M	
9	Queen: Under Pressure https://www.youtube.com/watch?v=BWdLt3Afjrg	
10	Florence and the Machine: Ship to Wreck https://www.youtube.com/watch?v=DhM-0Qo-s9s	
12	Will Smith: Parents Just Don’t Understand https://www.youtube.com/watch?v=rWR2QL5Y5FE	
13	Halsey: Control https://www.youtube.com/watch?v=jGALaVgwdc0	
14	Your Addition???	
15	Your Addition???	
	<ul style="list-style-type: none"> Green Day—Basketcase https://www.youtube.com/watch?v=GTwJo0HeNmU 	

	<ul style="list-style-type: none">• Jim's Big Ego--Stress https://www.youtube.com/watch?v=TZBQTV1aktg• Kurtis Blow: The Breaks https://www.youtube.com/watch?v=1XC3NjADJq4• Grandmaster Flash and the Furious Flash: The Message https://www.youtube.com/watch?v=gqky4dSGJnE&list=R Dgqky4dSGJnE&t=41	
--	--	--